

# The role of health promotion behavior in controlling anxiety and stress in patients with hypertension

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## Abstract

**BACKGROUND:** Hypertension is one of the most important chronic diseases worldwide. In most cases the real cause of hypertension is not clear but recent studies have shown that unhealthy lifestyle may lead to stress, anxiety and hypertension.

**METHODS:** In this study we reviewed the published articles in scientific database including ISI web of knowledge, Medline, PubMed, and Elsevier. The articles about healthy lifestyle, stress and anxiety in patients with hypertension was extracted.

**RESULTS:** Hypertension was the major risk factor for developing cardiovascular and renal disease. In most cases the real cause of hypertension was not clear but recent studies have shown that unhealthy lifestyle may lead to stress, anxiety, and hypertension. Lifestyle factors were critical determinants of blood pressure levels operating against a background of genetic susceptibility. An improving healthy lifestyle behavior was important in improving health and a multidimensional pattern was found. Not all strategies would be effective for every individual, but to some extent all patients being treated for hypertension should incorporate elements of therapeutic lifestyle changes into their treatment regimen. Healthcare providers play an important role in teaching individuals with hypertension on health promotion program and healthy lifestyles. Not only healthcare providers' advices are integral to controlling hypertension, but also patients should follow those advices. Special attention must be paid to intervention programs aimed at modifying lifestyle and providing education on stress management techniques. Non pharmacologic interventions include methods to modify lifestyle and reduce or cope with stress and anxiety such as: stress management intervention (SMI), dietary sodium reduction, and weight reduction, supplement regimens utilizing calcium, magnesium, fish oil, and potassium.

**CONCLUSION:** Several studies in the context of chronic disease like hypertension had shown that increasing individual's self-efficacy in order to modify lifestyle has an important role to improve or control their disease. Education is the key component of increasing self-efficacy in patients with hypertension and in nursing service prides itself on a holistic approach to healthcare that includes disease prevention and health promotion.

**Keywords:** Health Promotion Behavior, Stress, Anxiety, Hypertension

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## Introduction

Hypertension is one of the most important worldwide chronic disease<sup>1</sup> that has a great burden on health systems in terms of providing care and budget in both developed and developing countries.<sup>2</sup> Because of associated morbidity and mortality and cost of society, hypertension is an important public health challenge. According to international hypertension association, hypertension is responsible for 7.6 million deaths (13.5% of all deaths) and 6% of deaths all over the world.<sup>1</sup>

The world health organization has estimated that approximately 600 million people are affected by hypertension disorder and 5.7 million deaths occur

each year due to the disease and its morbidity.<sup>3</sup>

Hypertension is the most important modifiable risk factor for coronary heart disease, stroke, congestive heart failure, end stage renal disease and peripheral vascular disease. In most cases, hypertension is not only caused from morbidity, but unhealthy lifestyle including lack of daily activity, incorrect nutritional habits, smoking and excessive alcoholic consumption have great impact on developing morbidities.<sup>4,5</sup>

Recent studies showed that life style behaviors might have a role in developing stress, anxiety that is followed by hypertension.<sup>2</sup> Huang stated that improving life style behaviors can help people to be healthy and overcome daily stresses. Therefore, healthy life

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